

Baby On The Move!

What a fun little person your seven-month-old is! She is very aware of herself and the world around her. She prefers to be around people and enjoys interactive games like “pat-a-cake”.

As your child starts to move around, she becomes more independent and curious about things around her. Encourage this more active stage, by giving her as much floor time as possible. Be sure to maintain constant supervision, and plan ahead with childproofing.

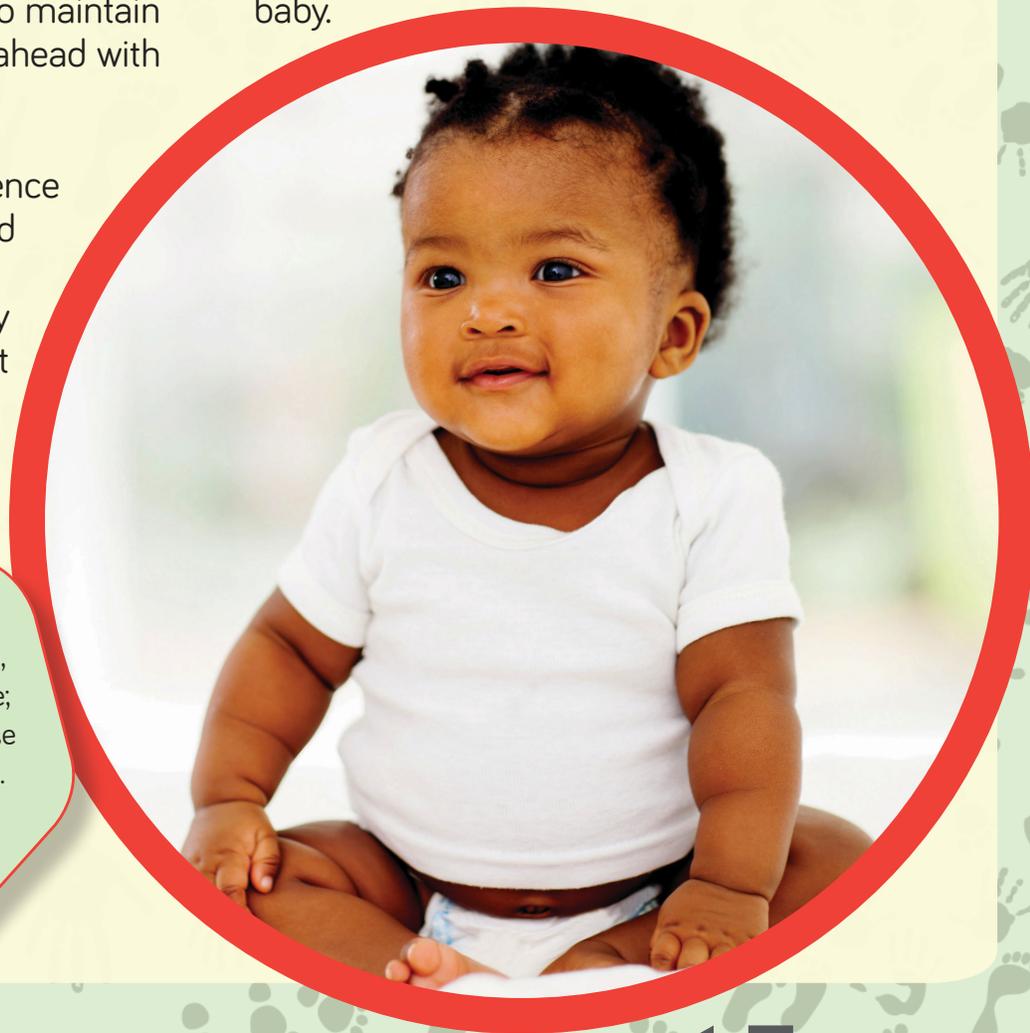
By eight months this independence grows and she may want to feed herself. This will be messy but also very entertaining. She may now resist doing something that she doesn't want to do, such as putting on a coat or snowsuit.

Her sense of humour is blossoming. She likes to laugh and she likes you to laugh with her. Separation anxiety may become stronger by nine months of age. She may find it easier to separate from you if familiar caregivers are used. Your very social and charming nine-month-old loves to explore. She loves to copy you and everyone else! She will remind you of how good it feels to laugh. Play with your baby. Sing with your baby. Read with your baby.

Special Moments

Make a memory with your children,
Spend some time to show you care;
Toys and trinkets can't replace those
Precious moments that you share.

Elaine Hardt



Growing Healthy Bodies, Healthy Minds

I'm Ready For Table Food

I've been watching and waiting and now it is finally my turn! The time has come for me to gradually join you in eating regular family food. It is good for me to continue having breastmilk as you continue giving me complementary solid foods. The World Health Organization advises breastfeeding up to 2 years and beyond. So don't stop breastfeeding now – just continue adding iron-rich and nutritious solid foods.

At this age, I'm interested in trying new foods. If you add more textures and tastes into my diet now, I'll learn to enjoy more foods. It may take me many tries to learn to like a new food. If you wait longer than 9 months to offer lumpier textures, I will be more likely to refuse foods. There will be times when something goes in and promptly comes right back out again. That's quite normal and part of how I learn to eat new foods. Always stay with me when I'm eating. I can choke easily at any age.

Making Baby Food

Other than iron-fortified cereals, specialty infant or toddler processed meals and snacks are not necessary. Making your own baby food from family meals will help to develop your baby's taste preferences even from this young age. Mash some of your supper into a lumpy texture or offer small soft pieces for your child to pick up and put to her mouth. To learn how to make and store baby food, watch this video called, [Introducing Solid Foods](http://bit.ly/1JvE9oy) at <http://bit.ly/1JvE9oy>



I can drink my
water from a cup!



Feeding & Nutrition

Tips For Success

- It is not necessary for me to have teeth, as I can chew with my gums.
- Keep offering me a variety of foods in different textures from each of the four food groups.
- Start mixed infant cereals after all single grains have been tried.
- My taste buds are sensitive enough to enjoy food without adding fat, salt or sugar but other ethnic seasonings/spices (like curry) may be appropriate.
- Encourage me to drink from an open cup.
- Although I continue to have breastmilk, tap water is an excellent thirst quencher. Babies that are introduced to plain water will prefer to drink it.
- Between 9-12 months you can start giving me pasteurized whole cow's milk in a cup (Homogenized, 3.25% M.F.).
- I don't need juice! 100% juice (even unsweetened) has a lot of sugar and should be avoided. Fruit flavoured beverages are not juice and should never be given. Fruit has more fibre and is a better choice than juice.

Feeding Your Baby From Six Months to One Year
www.beststart.org/resources/nutrition/pdf/BSRC_FeedingYourBaby_2015.pdf

For more information contact Eat Right Ontario:
1-877-510-5102 or visit www.eatrightontario.ca/en/Articles/Breastfeeding-Infant-feeding/Baby's-First-Foods.aspx

How does healthy eating help my brain?
Watch the videos at:
www.healthybabyhealthybrain.ca/health-builds-brains.htm



Healthy baby teeth are important for eating, smiling, talking and keeping a place for adult teeth.

My First Tooth!

Have you noticed that I have red cheeks and red swollen gums? Have I been drooling more, chewing on everything I can get into my mouth, eating less or fussing more? Any of these symptoms can let you know that I'm working on cutting my first teeth. This can happen anywhere between 4 and 8 months. The first teeth to arrive are usually the two in the centre of my lower jaw. Teething is a normal part of getting ready to eat solid food, but it might make me grumpy for a few days. These symptoms only last a day or two, and should disappear when my tooth begins to show. Please remember that vomiting (throwing up) or a high fever, are not signs or symptoms of teething. These could be signs of illness or another problem so talk to my healthcare provider if you are worried.

Tips to Help With Teething

- Rub my gums with a finger or small cold spoon
- Let me chew on a teething ring
- Comfort me with cuddles
- Apply gentle pressure with a cold washcloth

As soon as my first tooth appears, clean it with a soft, clean, wet washcloth after every meal and at bedtime. The wet wash cloth will work for the first few teeth and will keep my teeth and gums healthy.



Keeping Me Safe

Prevent Choking

I love eating solid food but do not feed me foods that are hard, small and round, or smooth and sticky. This

includes foods such as raw carrots, hot dogs, whole grapes, hard candies, popcorn, peanuts and sunflower seeds. Always supervise me when I am eating and include me in family meal times!

If you haven't taken an infant CPR & First Aid course yet, now is a great time. Check the Yellow Pages under First Aid to find out about classes in your area or visit www.redcross.ca/what-we-do/first-aid-and-cpr





Building My Trust

I need you to help me feel safe and secure. If I am scared, hurt or upset, I need to you to show me that everything is okay. Feeling safe and secure will help me feel relaxed so I can use my brain for learning and growing my best. It also feels safer knowing my parents and caregivers are making the grown up decisions. When you set limits and create a daily routine for our family, this also helps me trust you and the world around me.

At my age, I do not understand right and wrong. Please avoid yelling at me. I don't know what you're saying or who you are angry with, but I do understand your tone of voice. Loud and angry voices will frighten me and cause me to feel stressed. At times when you're frustrated, take a deep breath and count to 10 or talk quietly.

Do not use physical punishment like slapping hands, swatting, or spanking. It will only teach me to hit. I trust you to show me right from wrong, but not to hurt me. I will copy everything you do. When it comes to keeping me out of danger, try to focus on helping me learn. Stay calm and use words such as "hot", "danger", "brrr", "wet", instead of "no". This gives me a larger vocabulary and understanding.

I love to listen to your voice when you're happy, excited, proud or just talking quietly about the world around me. The best talks are those when you praise me and show me how much I mean to you. I like when you talk calmly with me, sing to me and kiss me. It will make you feel better too! I will connect these fun times with good feelings about myself. What a great way to encourage my talking and self-esteem at the same time.



Look At Me, Talk With Me

Please look at me when I'm talking to you! My favourite person to make sounds with is you. I just love it when you babble back to me. When we take turns making sounds, I feel very close to you. I think you like it too, because it makes you laugh.

I am starting to understand that sounds have meanings. While dressing me, name the items of clothing as you put them on me. "Here is a sock. Let's put on your pants."

I love to practise making sounds. My voice will change levels depending on what I am feeling (eg. angry, content, hungry). You may notice that my babbling will have a sing-song pattern. You can help me enjoy music by singing and dancing with me. Play music that you enjoy, as well as children's songs and rhymes.

Be sure to play "Peek-a-boo" with me. Cover your own face with a light cloth then pull it off and say, "Peek-a-boo! I see you." Then you could cover my eyes, pull the cloth away and say, "Peek-a-boo! I see you. There is Anna!" Encourage my efforts with a hug and say, "You did it!"

For more about helping me grow up healthy and happy, visit www.healthybabyhealthybrain.ca

Let's Sit Less & Move More!

Let's Play & Move Our Bodies!

It's time for me to explore my world and move my body! Do I spend a lot of time sitting in exersaucers, infant seats or my highchair? I should only sit in these for short time periods. I need to be out in a safe area as much as possible playing, crawling, and sitting up by myself. I need to move and play to grow healthy and strong muscles and bones.

Here are some ideas that have worked for other parents:

- Give me a safe place to play.
- Keep valuable and breakable objects out of my reach or put them away for a while.
- Distraction: If I am doing something that you want me to stop, give me something else to play with.
- To help keep our family active, continue to leave screens off and music on in our family areas for everybody to move to!
- Let's go outside to play and move our bodies. Remember to closely supervise me!

How does physical activity help my brain grow?
Watch the video at: www.healthybabyhealthybrain.ca/health-builds-brains.htm

Sing & Dance With Me!

Head and shoulders, knees and toes,
knees and toes, knees and toes
Head and shoulders, knees and toes,
Eyes, ears, mouth and nose.



Keeping Me Safe

Are My Play Areas Baby Proof?

As I begin to crawl and explore, I need a safe place to practise my new skills and I need more supervision. I also have no sense of danger or caution at this stage. I rely on you to keep me safe. Attach locks to cupboards, cover electrical outlets and use safety gates. Get down on the floor and check out one room at a time. Remove any objects that may harm me.

Smoke-Free

I'm sure you would do anything to keep me healthy! If you are still smoking, please don't smoke around me. If I breathe smoky air into my new pink lungs, it can make me sick. I am likely to get more colds, ear infections, bronchitis and asthma. I am also twice as likely to die of Sudden Infant Death Syndrome (SIDS) than babies who are in smoke-free homes. If you must smoke, please do it outside, and wash your hands when you are done. I also trust that you will ask our friends and relatives to do the same when they are around me. Thank you for not only giving me clean air, but also showing me such healthy behaviour.

Four cigarette butts can kill me if I eat them. Please keep cigarettes and ashtrays out of my reach!

You might not be ready to quit, but if you are, talk to our healthcare provider or public health about getting help. There are free services and medication to help you on your way. You can also visit www.smokershelpline.ca home for support and more information.

Look at What I Can Do!

From 7-9 months

7 months

- I will begin to sit without support
- I will play with my feet and try to pull your hair. Watch out – I might even grab at your face
- I can transfer a toy from one hand to another
- I will throw toys on purpose
- I will let go of a toy by dropping it
- I will push away things that I do not want
- I can pick up small objects
- I have good control of both hands and I like to feed myself some foods
- I can let you know when I am full (like turning my head away)
- I can drink from a sipping cup
- I sit well without support
- I will become more active
- I will crawl, scoot, or roll around the room
- I will imitate your facial expressions
- I can understand short instructions and questions such as “wave bye-bye” or “where is the ball?”
- I can babble a variety of sounds such as: “ba” “da”, “ada”, “ma”
- I may start to “make strange” when a person I don’t know comes near me
- I can click my tongue, smack my lips and blow bubbles with my tongue and lips

9 months

Enjoyable Ways to Help Me Grow

I love to watch what you do and like listening to what you say. I will become a copycat when you play with me.

I like to play with:

- Books made of cloth or board.
- Pull-apart toys. Show me how to pull them apart and put them in a small bin or dishpan. You can say, “Oh! You pulled those apart. Do you want me to put them back together with you?”
- Blocks to build up and knock down.
- I love to bang on pots, pans, or drums.
- Toy pianos. Show me how to push the keys to make noise and help me play.
- Nesting cups – cups of different sizes to put together, take apart and stack.

Create Your Own Mini Photo Album
You can say, “Look Abby, here’s your mommy. Who’s she holding? That’s you!”



Babies can find ways to hurt themselves with even the safest of toys. Keep toys with small parts out of babies’ reach. If it can fit through a toilet paper roll, it’s probably too small. Adult supervision of play is vital for safety.



Routines

Are your routines starting to fall into place? Your baby has now joined in on regular family mealtimes with several snacks in between.

Your baby's bedtime routine may be a little more regular now as well. You will enjoy reading a bedtime story together. It's so nice to snuggle up with your baby. This is fantastic bonding time. At this age, your baby will enjoy the books with her hands and mouth, as well as her ears.. By reading aloud you also give your baby the precious gift of language development and a lifetime love of books.

Making Time

Hopefully, life in your home is starting to settle down. With a little planning, you may be able to revisit the pleasures, hobbies and the romance that you enjoyed in pre-baby times. Your baby's schedule may even allow you and your partner to go on a date! Can you imagine having a nice picnic or a quiet walk in the park with no airborne baby food and no messy spills to mop up? Perhaps you would prefer to go out to a movie or just cuddle on the couch. Before the baby was born, you and your partner spent lots of time together doing fun things and nurturing your relationship. In order to keep that relationship happy you have to take time to remember each other. Think about the things that you used to enjoy doing together. Make time for each other. Make plans. Make dates. Make love. Make sure that your growing family is as close and as strong as it can be.



One Day At a Time

Isn't it surprising how much better you feel just talking with a supportive friend? It can be especially helpful when that friend has children of similar ages. The problems don't seem quite as bad, and sharing happy experiences allows you to enjoy them again and again.

Try to take one day at a time. Take care of yourself. Here are a few friendly reminders:

- Follow Canada's Food Guide to Healthy Eating so you have maximum energy. <http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- Get as much sleep as you can. Have a nap when your baby naps.
- Exercise: walk, dance, bike, or skip your way to more energy.
- Exercise your brain too! Learn something new and interesting.
- Have enjoyable contact with other adults.
- Spend at least a few minutes each day by yourself. Even a bath can be a nice quiet time to relax and reflect.

Older siblings or a babysitter can be a big help!
What to consider when hiring a babysitter www.webmd.boots.com/children/baby/guide/how-choose-babysitter



Medical Care



First Eye Exam

Don't worry, there's no need for me to study for this test! I won't have to read the eye chart for an accurate and complete eye examination to be done. It is important to get my eyes checked because how I see the world around me can affect how I learn and grow.

Our optometrist (eye doctor) will check my eyes for:

- Sharpness of vision – How much detail can I see and use?
- Eye coordination – Can my eyes see and follow moving objects? Can my eyes tell how deep or how high objects are?
- Physical problems – Do all the parts of my eyes look healthy? Do I have any problems like a lazy eye, a blocked tear duct or pink-eye?

A yearly eye exam is covered by OHIP for children 0 to 19. The best news is that with early detection and treatment, many vision problems are REVERSIBLE and in some cases PREVENTABLE!

What is an Optometrist?

An Optometrist is a doctor who has a degree in optometry. Optometrists are the primary providers of eye health and vision care. Optometrists are members of a regulated health profession. They are qualified to provide comprehensive eye exams, diagnose and treat diseases of the eye, and prescribe and dispense eyeglasses and other visual aids.

For more information or to find an optometrist, visit www.EyeSeeEyeLearn.com



For More Information

Eat Right Ontario: Nutrition information and support for healthy eating www.eatrightontario.ca

Participaction: Physical activity including information about play: www.participaction.com

Dad Central: www.dadcentral.ca

Caring for Kids: Health and safety information from the Canadian Paediatric Society www.caringforkids.cps.ca

La Leche League Canada: Breastfeeding support www.lllc.ca

Ontario Childhood: Information for parents of young children: www.children.gov.on.ca/htdocs/English/topics/earlychildhood/index.aspx

Transport Canada: Car Seat Safety: www.tc.gc.ca/eng/motorvehiclesafety/safedrivers-childsafety-index-53.htm

To find your local Public Health Unit:

Visit <http://bit.ly/eMtpaw>

Call the INFOLine at 1-866-532-3161

(Toll-free in Ontario only)

or TTY 1-800-387-5559



NEXT ISSUE

10to12months